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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Shape up this year
The gym makes offers all kinds of drops in activities.
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FRIDAY, AUGUST 20, 2010

CONESTOGA COLLEGE, MICHIGAN, ONT.

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11TH FLOOR PG. 1

Get involved at Conestoga

BY LARRY HUNTER

During Orientation Week, there is a lot of information new students are bombarded with. They'll be introduced to the college and their program, and have several important tasks to do, including getting their USOC Card, purchasing any textbooks required and finding their way around.

But there is one part of the college experience that students may not have given much thought to getting involved.

Getting involved on and off campus is one of the most common pieces of advice, and it is also one of the most important.

There's evidence that volunteering gets a much higher return on investment than any other activity. In a Forbes article about the benefits of volunteering, the author references a study done by the Center for Retirement and Policy Research. The authors analyze the results of this study pointing out that a "found that unemployed people who volunteered between 50 and 99 hours during the year saw a roughly seven percent more likely to have found employment one year later compared to those who didn't volunteer."

Not only that, but being involved in volunteer activities can have a positive effect on well-being. It can be a chance to meet new friends, increase self-confidence and connect with people of other backgrounds according to Conestoga College's Student Life department website.

When are they best? Involvement and being actively involved in campus activities, but where is the best place to



Photo: Conestoga College

Volunteering is an Orientation leader at Student Life is just one way to get involved on-campus. Students can sign up for the position by going to the Co-Coordinator Record online.

What's the best way to get involved? According to Student Life Coordinator, Lindsay Kowalski, the best way to get involved is to go to the Co-Coordinator Record (CCR), which is an online document that allows students to express interest in their involvement outside the class. Perhaps most importantly, however, it also functions as a search engine to find all kinds of opportunities for students to be involved on and off-campus.

"The great thing about the Co-Coordinator Record is that it's all housed in that one spot," he said.

Opportunities on the CCR have included learning outcomes and Kowalski said these outcomes ensure that students know for certain that their experience will be meaningful and allow them to grow personally and professionally.

The CCR is only as good as the data you put in it, so that's why it has already gained a lot of interest.

According to Student Life, there are over 8,000 current users on the CCR. Between Sept. 1, 2009 and April 30, 2010 alone there were 370 events on the CCR and 4,298 who RSVP'd to these events.

Many of these events and opportunities were through Student Life themselves. The department offers many chances for students to be involved outside the classroom, such as through English conversation partners, Orientation leaders and even leadership workshops.

Outside of Student Life, many departments on campus also use the CCR to show

case their own opportunities.

Conestoga Students Inc. (CSI) serves as the student association for Conestoga College students and they have an entire section of their own devoted to providing leadership opportunities. Justin Voll, student engagement coordinator at CSI, said she was impressed with the number of students who volunteered their time with CSI last year and that the time students put in can pay off in big ways.

"When you graduate, you're graduating with 30 or 40 other people who all have the exact same credentials as you - volunteering and not you apart from everything else," he said.

Starting now to work at the marketing department at Conestoga before moving to

Student Life, and a big part of that role involved going to the college. He said he often would tell people taking part in their team that at Conestoga, people have the chance to not only define their own identity but also to define their own future.

He added he understands that the huge amount of opportunities can seem a bit overwhelming, and he pointed out that Student Life is here to help.

"We can connect you with our opportunities, we can connect you with the rest of the college through the CCR and we can connect you with all campus opportunities as well," he said. "People have it. Conestoga can be really, really good for you."

"If you have any questions just ask."

PRESIDENT'S MESSAGE

Learn new skills, embrace new challenges

On behalf of Conestoga, I am delighted to welcome you to a new academic year. Whether you're returning to Conestoga to resume your studies, or joining us for the first time, I hope that you will find your experience here to be positive and enriching.

This 2010-11 year promises to be one of the most exciting in the history of the college as we prepare to celebrate the 10th anniversary of Conestoga's

founding in 1997. We have grown from a small, one-room college to one of Canada's leading institutions for polytechnic education, delivering a full range of career-focused education and training programs to prepare graduates for careers and life success.

Growth and change are important for institutions; they're important for individuals as well, as you strive to be the best that you can be and

prepare for an exciting future. During 2010-11, I encourage you to embrace personal achievement. Your ability to learn, to develop new skills and to embrace new challenges will be the keys to both career and life success.

You will find many opportunities here to engage with the college community and prepare for your successful future. Develop new skills through co-curricular oppor-

tunities, or participate in activities and events provided through Conestoga Students Inc. (Student Life), on-campus clubs and groups and the professional associations linked to many Conestoga programs. These opportunities will enrich your formal learning and in lifelong friendships and connections and help make your college experience.

Your success matters if you have questions, or need

some support as you progress through your academic journey, there are many services available to meet your needs.

Work hard to achieve your goals, make the most of your time here and enjoy the many benefits a Conestoga education provides.

Success awaits you. Best wishes for a great year!

John Tibbets
President, Conestoga College

Now deep thoughts ... with Conestoga College

Random questions answered by random students
Why did you pick
Conestoga College?



"It has a really good reputation."

Samantha Tekamp,
former service foundation

"It's close to home and has interesting programs."



Kristina Berling,
former service foundation



"The school is close."

Kristina Berling,
occupational therapist assistant
and physiotherapy assistant

"Good reviews."

Pragya Malik,
occupational therapist assistant
and physiotherapy assistant



"I felt confident about the
English program here."

Ahmed Alsharrah,
English language studies

"It's close to home."

Anthony Wilson,
graduate nursing



Selfie Conestoga, you could be next respondent!



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Students kick back and relax

Escape stress in the Sanctuary and the Den

BY NIKKI HARRISON

College life is tough. The stress of obtaining a post-secondary education is a tall task on the best of days. First, there are classes, then assignments, then tests, quizzes, midterms and finals. The top of the academic mountain of college, many students have to juggle a part-time job, social life and possibly a relationship with a boyfriend or girlfriend. Sometimes, those responsibilities can be overwhelming.

That's why Cowe College students like to relax a couple of stress-free environments at the Den campus where students can just come and relax, take a load off and forget about their troubles for a while. Located in the S wing on the Den campus, both The Den and Sanctuary offer a stress-free space for students to relax, socialize with classmates, play video games in The Den and even have a drink or two in the Sanctuary.

Disseminating the Sanctuary. The Den is always filled with students from many different programs with a variety of majors and interests. On any given day, The Den will be filled with students part-typing on a variety of different computers. At the corner table, there is a group of students playing Magic: The Gathering. Seated around a television is another group of students playing FIFA.

It is one of the favorite spots where other students are streaming. The Office on Netflix on a laptop hooked up to a 50-inch television screen. There are many ways an event can be held other than, or to fill time on, between classes, in The Den.

A rather large desk in its front part. During the day a CSI staff member will be working there. Students can show their person their CSI Card in order to "rent out" an assessment of equipment that includes, but is not limited to, getting measures (including the accuracy of cameras and guns), H2000 audio device of audio and many other entertainment items that students can borrow free of charge.

"I like how you can just walk up, have and nobody really judges you," and protection, accuracy and investigation student Randy Hunt while she and three of her classmates have all come states looking a big test by playing NFL 14.

"It's a laid-back atmosphere. You can just chill and not worry about studying for a little bit," said Matt Williams, a student from Taylor.

Before The Den is the Sanctuary, a popular student hangout. The Sanctuary is open, for short, as a tavern, study hall, bar and a social for the first semester in its 100-year-old building. Students come here to study, socialize and every Tuesday and Thursday have a couple of drinks. Students



Photo by Nikki Harrison

Amusing, multi and information technology student Ben Rosta (from left), Alex Thompson and first-year business foundation student Benik Dedevis enjoy a cold beer during a Pub Day in the Sanctuary at the Den campus.

can even get pizza for \$2 a slice every other Tuesday at the Sanctuary cafeteria.

"Everybody comes here, all kinds of students from different programs. Here on Tuesdays and Thursdays help us have cheap pizza and it's a comfortable place," said Matt Howell, a broadcast journalism student who graduated in June.

After hours is a former broadcast journalism student who came with a group of his friends to the Sanctuary

on a frequent basis. When asked about making the pub days there so appealing, he said, "I'd tell all the people that come you get a different mood every day."

In addition to the laid-back atmosphere and cheap legs, the Sanctuary plays host to a lot of CSI's student events. Last year these included: Quarter's Got Talent, my healthy tournaments, video game tournaments, Mad Max Mondays, Free Food Fridays and various beach week activities.

CSI has also hosted many after-hours events in the Sanctuary for students of legal drinking age such as a country night, a toga party and a Halloween party.

College is a stressful time for many students. However, good friends, video games, laid back and a place to get away from things for a while can make the stress of college a little more manageable.

So head to The Den and the Sanctuary for some fun and therapy.

New sports bar offers unique atmosphere

BY MIKE MALLON/MSU



Photo by Mike Mallon/MSU

Chris Patis stands in the newly renovated Bull's Eye Bar and Grill, formerly known as All Star Wings and More. Patis said he's excited to offer a new menu from everyone can enjoy.

Bull's Eye Bar and Grill, a newly renovated sports bar with a lot more than just wings and chicken, is the first place to watch a game or look game or enjoy a few rounds of pool.

"It doesn't feel like work, and with a business, I think that's what's most important."
—Chris Patis

The restaurant opened in the spring in the new location on recently closed All Star Wings and More. It is operated by the same people. Chris Patis is one of the co-owners of Bull's Eye Bar

and Grill. The former All Star operator said he's excited to step away from the franchise chain and run his restaurant with a lot more freedom.

"Being private, you don't have to worry about anything. You get to run it, if there's some down the road you want to add more or take out more, you have that flexibility whereas a franchise, you can't do anything that you want."

Patis said the Bull's Eye menu has something for everyone.

"It's not just the wings. If you look at the menu, you'll see Mexican food, some Italian food. Of course we still have wings. We're not taking anything away from it. It's a restaurant, and she has a few different dishes. "The menu options are delicious, the food you can't compare to anywhere," she said. "I also really like the bar-

ter choices. So many good options."

"I really enjoy working. It's a positive environment. The employees are genuine people. It's fun" (Patis said).

Bull's Eye offers daily every day. For example, Monday and Wednesday are wing nights, Thursday night is Mexican. They're also celebrating a 10 percent discount for students, meaning they have done in the past at All Star.

The restaurant is located at 444 Highland Rd. W. in Kankakee. If that's out of your way, Bull's Eye also delivers through the online network, say Just Eat.

Patis, who is a graduate sports fan, said he is a passionate food fan and he enjoys coming to work every day.

"It doesn't feel like work, and with a business, I think that's what's most important."

Speak out about sexual assault

BY SARAH SHIBATA

According to the Annual Canadian, of every 100 sexual assault victims, only one is reported to the police.

Diana Bland, the executive director for Victim Services of Waterloo Region, said she can't imagine that many sexual assaults are not reported. "Victims are, for very much understandable as they go through the cultural process. Generally speaking, I think that victims of sexual assaults may fear humiliation, embarrassment and simply not being believed," she said. "I also personally think that some victims still view such personal and intimate details as their own and some victims may feel that confiding they were to blame. What are they waiting? 'Was she drinking?' those kind of negative stereotypes."

Victim Services of Waterloo Region (VSRV) is a centre that provides immediate crisis interventions, emotional support and community referrals to individuals affected by crime or tragic situations.

Mary Lou Baskin, the crisis response co-ordinator at VSRV, said there are more females than males who come to the centre.

"In 2012/2013, we have had 32 people come forward about being sexually assaulted," she said.

According to the Annual Canadian, men in their 30s are most likely to be sexually assaulted during their lifetime.

Joan Tuckelowsky, the public relations manager at the Sexual Assault Support Centre of Waterloo Region, said women make up more than three times as many victims of sexual assault and rape.

"Not every adult being believed and because they will be sexually assaulted," said Tuckelowsky. "One example might be male youth who are sexually assaulted by adult women are often neglected, ignored – lucky they instead of being seen as victim advocates."

"Tuckelowsky said she believes that the world is changing in the legal system.

"The legal system generally does not provide a lot of support to survivors or provide much of an opportunity for justice," said Tuckelowsky.

She defined sexual assault as any unwanted act of a sexual nature caused by one person upon another. Sexual assault includes rape, indecent assault, child sexual abuse and other forms of non-consensual sex.

In 2013, CIBC News conducted 87 interviews with college seniors in Canada to report the number of sexual assaults reported on campus, as between 2009 and 2012. They found there were 760 sexual assaults reported during that time, which equated to an average of one sexual assault every 10 minutes. They also found a possible encouraging statistic to

come forward.

There were 57 sexual assaults reported at Ryerson University in Toronto, 18 at the University of Waterloo and 11 at Wilfrid Laurier University.

At Conestoga College there were six sexual assaults reported in 2011 and six in 2012.

When looked at in relation to the college populations, these numbers are much lower than the number of sexual assaults reported at the university level.

The numbers provided – do universities and colleges have sexual assault allegations?

"I believe that past sexual assault victims may have an amazing opportunity to take the lead in providing a response that is welcoming to those who have been sexually assaulted," said Bland. "To provide leadership in the area of defining our culture on campus, and to make survivors and victims to speak out about how the community as a whole they live/learn in school can be at the forefront of justice."

At Conestoga College Security Services, Williams provides reports to staff, students and faculty at their campus upon request during the school year between the hours of 9:45 and 10:45 p.m. Monday to Thursday. The Waterloo Police are located at Deane 1 campus and will accept reports anywhere on college property to the residence or at a house in the nearby vicinity.



PHOTO BY SARAH SHIBATA

Spoken at on sexual assault. According to Sexual Assault Canada, one in four Canadian women will be sexually assaulted during their lifetime and 40 per cent of sexual abuse/assault victims are under the age of 25.

If you know someone or if you are a victim of sexual assault, there are many ways to find help on and off-campus. Conestoga College Security Services, Waterloo Police and the Waterloo Regional Police are all available. "If you know someone who has

been sexually assaulted, let them know that you believe them and believe unconditionally," said Tuckelowsky. "Remember there that it was not their fault, but think know they need that and support their decisions with regard to their own healing, even if it is to do nothing."

The greatest lesson of all

The lesson your professor most likely put on class are of vital importance to you as preparing you for your future career that the lessons you learn as college students of all – those will help you to live.

As I mentioned what was my third year of post-secondary education, I came to the realization that throughout the many hours in class, learning mathematics was really never about working on equations, building the skills I would need for my future career. I picked up an equal amount of knowledge outside of the classroom as that time.

This knowledge – because almost all about physics, algebra, trigonometry – have also prepared me for my life after school, if not less easy to do than work.

Walking into college as my first day I thought I knew what I was doing with my

life. I thought I had this "ah-ha" thing down. High school had prepared me as I thought, for entering the real world. And as truth be told, that is accurate. But it was nothing left for me to learn outside the classroom was a student's action.

For life is about constantly changing, constantly improving oneself, becoming and stepping your beliefs, your ideas and your views based on the new situations, new people and new knowledge that you gain. In that sense, your secondary education offered me a chance, the same chance you have, the constant growth.

I think that the greatest lesson was expected to be taught on the last day of your journey, in my classes I learned how to write better, to conduct research or of research to tell stories. But it also taught me to view the world as a different way, to consider multiple points of view as my education, to see through the eyes of a student, I was talking in a process, it taught me a lesson.



Garrett Durbett
Opinion

But there are also lessons I learned that apply to being a college student as present. My classmates were a mix of different personal beliefs, with different goals and different skills sets. In making with the mix I became a more rounded a student, watching and learning from that mix in areas where they were better than me and offering my assistance in areas of my strengths. The final dual lesson

applied in my classes allowed me to learn on the experience of my peers in front, my own skills that others shared on a different way of thinking or perhaps not finding solutions that I had never thought of.

I was never a very good manager of my time, even though I managed in the busy world as high school. But when I moved out of my parents' house at the start of my own life and time, I constructed myself out of necessity to become better. Although it was difficult, and growth often only comes in the face of such difficulty. I don't regret moving out on my own. It was the end step on the path of my life. But I learned that along with the freedom it offered, it also placed greater responsibility on my own shoulders. Only you can find the best way to maximize yourself, and though there was a lesson

regarding it as a lesson I am glad I learned, because now I have that knowledge going forward in my life.

Everyone's path through college is different. Everyone faces unique challenges, everyone wants different things out of the college experience. While it is important to remember your goals in school at all times and never the outcome, it is equally important to enjoy the journey. Everyone faces unique challenges.

Reflecting on my class journey I see that my academics journey brought and along another journey as well. In these past three years I came to know myself. I became aware of what I was capable of, that when I was challenged, that when I was challenged. And now that I know what I am, I can work to push myself, to reach those limits and beyond. Because at that struggle as the greatest lesson I learned as college, growth.

Conduct an informational interview Ten Thousand Coffees a great place to start

BY LEAH MERRITT

Informal, one-on-one interviews can really help a student learn more about the career they hope to embark on.

"Everyone is just a person, others are just people," said freshman journalism major Hannah, adding you should not be afraid to go out and talk to people, especially people in your field.

Tim Crutskbank, career adviser at Conestoga College and conducting an informational interview was actually how she got her job here at the college. People requesting informational interviews are not asking for much other than for a bit of time.

She said if you are looking for a place to start, try Ten Thousand Coffees, a website designed to connect you with professionals in various fields. Whether you are a student searching for career advice or just a place to share your ideas, she said, this website is full of people more than willing to meet up and talk. Crutskbank said creating a LinkedIn profile is also a good place to start because you can connect with alumni from the college on the field you are looking to get in to.

"You can do all the research you 'want' online," said Crutskbank. "It will give you job descriptions, salary ranges, labour markets and prospects."

She said at the end of the day, this person who knows the most about what is going on in a certain profession is

a person already working in that field.

"Informational interviews are great for one thing: are you go in and ask them questions that are really important to you," she said.

Crutskbank said she recommends doing them three or six informational interviews.

Send them an email, stay connected.
— Tim Crutskbank

She said that another great part of informational interviews is that sometimes the person you are interviewing starts to ask you questions.

"Self-doubt is powerful in your work," said Crutskbank, adding, "We're all humans with a little insecurity."

She said if you stay connected with these people, gradually those sorts of insecurities turn into employment. She said you should not go into this one year looking for a job but sometimes that is what it will turn into. Crutskbank said it is all about networking and creating those initial connections.

"That is what happened to me," she said. "Send them an email, stay connected."

Crutskbank said informational interviews help you to figure out not only if the career path you are in is the right one, but also what is important to you.

ASK ME IF YOU NEED A LITTLE HELP



PHOTO BY JESSICA BROWN

Staff at the Student Life Centre Information Desk, which is open Monday to Thursday, 9 a.m. to 5 p.m., Friday, 9 a.m. to 5 p.m., and Saturday, 10 a.m. to 2 p.m., are available to answer any questions or concerns about Conestoga's services, departments and activities. Visit them to look in group with meeting rooms, access traps or get directions.

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- Review application and Submit

Note:

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- Changes to your application can be made up until the deadline date—make sure to Save and Submit

Check your Conestoga Email Account regularly for updates and additional awards available from awards@conestoga.on.ca.



PHOTO BY LEAH MERRITT

Informational interviews are a great way to meet professionals in your field. Sometimes all it takes to make a connection is a cup of coffee.



CONESTOGA
COLLEGE

STUDENT
FINANCIAL SERVICES

Welcome to college, here's how you survive

BY SARAH VETTER

Hey, get behind the advice experts! When stress, fear of failure and pure and utter excitement all run riot, a lot of the adrenaline pumping through the blood through your veins, it's the first day of the rest of your life. At least, that's what most students think their first day of college. The first week, students often see themselves accomplishing something great, what they don't realize is that their looking glass is actually a set of beer goggles on steroids, all thanks to fresh meat.

No one ever thinks they'll get out of high school. "They know it will happen one day but that 'one day' feels like it will never come. It will never be a life that will happen to you, but how it is. Welcome! Your reward for the last four years is another two to four years. It sounds a lot like prison, doesn't it? See they may be the best of your life.

Target your effort on the right foot, here are some things that some of Conestoga's College's seasonal veterans wished they had known before their first day.

"I always procrastinated in high school," said second-year bookkeeping student Denise Goss. "You can't do that here. I wish I knew the amount of time that you have to put into each assignment. It's important to plan ahead."

According to Conestoga faculty a student should spend at least an equal amount of time on coursework outside the classroom as they spend on the classroom. A bookkeeping course that is three hours per week requires students to spend at least three hours on course material outside the classroom.

Second-year health care administration student Carly Miller wishes she had been privy to the college's academic secret of "suggested

assignments."

"In class," Miller said, "I've had teachers say that they're only supposed to use a sample metric and at the end of the year their students say that they're now going to grade them. I didn't do them and I moved on."

While suggested assignments are often part as they sound — assignments that teachers suggest doing for the purpose of practicing the knowledge they're teaching — doing them can not only increase your proficiency, it can increase your GPA.

"Something I also wish I did first year was take some more classes," said Miller. "Students in our program took some classes in the summer and I didn't even know that was an option. It would've really lightened the workload if I had been able to take some of the harder courses in the summer."

There are several required courses available for students during the summer months of May to September. The courses will depend on program and availability.

By all means, one thing will never change for students at Conestoga and it's the one thing almost every student needs to know, at least well quickly learn as their first year. It's a piece of knowledge that is invaluable compared to anything else that can be learned in a classroom and early childhood education graduate Phoenix Byrne was willing to share it.

"The parking lot sucks!" said Byrne. "You're brought the orange lot is divided into a designer and more expensive lot, you might as well just pay the cheaper price because the lot is so full that you'll end up spending most of your time in the cheaper lot anyway."

Good luck future Conestogans. May the parking gods be with you.



PHOTO BY SARAH VETTER FOR THE NEWS

College can be one of the most enjoyable experiences in your life, as long as you keep your head above water and in the books.

STUDENT LIFE

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Bookstore sells more than just books

BY RAFT LORBERMAN

Conestoga's Bookstore carries more than just books.

In addition to all the latest course materials, they sell additional supplies and various uniforms for many of the college's programs. Students can also find Conestoga- and Chandler-model clothing and gifts, as well as various course materials and bags.

Starting this summer the Bookstore, in partnership with the OWB Club, will be accepting Cashier Cash. Students will be able to load their OWB Cash with funds and use it like a debit card at the Bookstore as well as at various other locations on campus.

New memberships are currently being brought in. Each year, staff look for new changes or additional products to keep the store fresh.

If you're looking for something special, you may want to visit and pick up a sale.

"On average, the Bookstore runs on at two promotions every month," said Adam Heston, manager of retail services at the Bookstore.

The sales vary, but typically we have sale discounts on clothing, gifts, merchandise and art supplies," Heston said. The Bookstore gives all of their promotions

as their usual media, plus items including Facebook, if Conestoga/Books and Twitter, and other items.

If you have a valid SPG card, students can easily get a 10 per cent off sign for proof. Conestoga-approved clothing and gifts are The discount, and sales receive regional materials, uniforms, merchandise and gifts.

If you and some of your fellow students are looking for something to remember your time here at Conestoga, the Bookstore offers the opportunity to get various program books to show off your program pride. All you have to do is get together with a minimum of 12 other classmates and you are able to order your own program, complete with customized embroidery on the sleeves or back.

For course materials, the Bookstore works with faculty to ensure they are carrying the correct editions and versions of textbooks and other materials.

They also try their best to keep prices low on supplies and course materials to help those who are living on a budget.

There's also the option of paying textbooks through their online system or to purchase digital formats

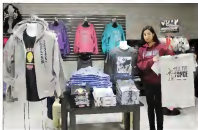


PHOTO BY RAFT LORBERMAN

Robin Tang, a third-year criminal justice student and Bookstore employee, is looking forward to another year at Conestoga and helping students who visit the store. The Bookstore, in addition to carrying textbooks, sells many other items including candy, clothes and Conestoga-related merchandise.

at a reduced rate. They are also looking at introducing competitive pricing to match Amazon's options online.

Students can access their personal card link through the student portal. This is a great way to have exactly what course materials are required.

If you're looking to purchase textbooks, there are several options.

1. You can come into the Bookstore to purchase your books.

2. You can order your books online and choose the at-store pickup option. Staff will pick your books for you and you

have to do a pick up your order at their web order site.

3. You can order your books online and have your books shipped right to your home. There's a \$10 fee for the first three items and a \$3 fee for each additional item to a maximum of \$25.

Advice from students for students

BY MICHELLE HARRISVILLE

Starting college can be scary. Students leave home, and friends and family to live in a new city and go to school. College can also mean a better course load than high school, an long ride to campus school with a pit a social life and other extra-curricular activities is more important than before.

So how can students make their transition from high school to college as easy as possible? Current Conestoga students shared their advice as students embark on this new journey.

"Take college as one big learning experience. It might seem like some big scary thing, but in reality the process of college is super easy," said Yvonne Wilkins, a first-year nursing student. "Make friends, manage your time and money, and really accept yourself into what you're studying."

Daniel Ferguson, a second-year history, interpretation and our conditioning technician student, said students

shouldn't be afraid to question their choice of program. Ferguson said that at year at business financial planning had realized it wasn't for him and switched to the history, interpretation and our conditioning technician program.

"Don't be scared because now I love the program. I'm not," he said.

Another student, a second-year journalism – print student, said, "Make friends with people you never thought you'd be friends with. They're the most interesting people."

"Also don't be afraid to ask questions, even if you think they're stupid. The chances are high that someone else had the same question and people will love you if you're the one to speak up and ask."

"And don't forget to stay busy. Life is so much more fun that way."



PHOTO BY MICHELLE HARRISVILLE

For many students it can be interesting to make new friends. Students shared their advice on friends, school and moving away from home. Above, some hang out with their friends in the upper atrium, a popular hangout for students at the college.

Each person studies differently

The choice of location is one of the things to keep in mind

BY JESSICA SAMMON

For most people, studying is not a fun pastime but there are ways to make it a bit more enjoyable and perhaps even make it pass quicker.

When students college for the first time the workload can seem daunting. You're going through schooling for your future career and you aren't stepping stone before passing the workload.

There are many tips for studying effectively and it is important to try them in order to find the ones that are going to help you.

The choice of location is one of the things to keep in mind. "Some people are very distracted by everything, so if you require a distraction-free zone then you won't be doing it as the necessary to the middle of the library. Everything is very individual," said Jessica Anderson, a learning skills adviser at Coe College.

Everyone is different when it comes to studying locations and environments. Some people prefer listening to music, others need complete silence. Like a typical of most, you differ from person to person. It is important to find the place where you feel most comfortable and able to concentrate.

It is also important to try and break down a what is needed for assignments and when studying for tests. For a task breaking down what you need to know for it will help. As an example, if your test covers chapter one, two and three then plan where you will write out the notes for each chapter and where you will study them. Making a plan often works as well as keeping a planner of what needs to be done and when.

Anderson said "one can be distracted." Problems often arise when you think you have enough time to work on an assignment as you get it

all. This could result in a last-minute homework crunch. For some, working last minute can be an advantage but it could also mean unnecessary stress.

"I like staying on top of my assignments and really having a practical approach and not doing it the day before," said Isaac Duranillo, a psychology student.

If you find some difficulty with your workload or are in need of help with one of your classes, it is important to contact the Learning Commons as soon as possible. The department is located across from Tim Hortons on the Deane campus. They offer free tutoring and you are able to attend workshops that are conducted in small groups. They are there to help you understand your course material as well as help you with your writing and math skills, time management and study strategies.



Photo by Jessica Sammon

When starting college studying can be a daunting task, but it doesn't have to be. Finding the best place to study, time management skills and breaking down notes can help students study effectively.



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STUDENTLIFE
BE A PART OF YOUR EXPERIENCE

What to expect from the LRC

BY JENNA PERE

Two bookable rooms, 500 seats, 100 phones to plug in and 60 computers: 8.8 of this is housed in the 21,000-sq-foot library resource centre (LRC) on the Deon campus. There are many attributes to this newly renovated space and to students it is important to know everything that is available to you.

The bright, modern and striking library has become a safe haven to a large majority of the student body. Whether it is a place to meet up with a group or one of the study rooms, a place to read or one of the quiet study spaces or a place to hangout in between your classes, the LRC staff can be a helping hand to any student at Conestoga.

The library now all of its resources are available to all Conestoga students. Students at other campuses may not have a physical library like the Deon campus so students there may have to rely on the LRC's online resources.

Something that most students may not know about the LRC is that every other hour there are still two study areas for students to use at the library. One is the silent study lab in the hall, way outside of the library and the other is the flexible study lab equipped with tables, chairs and outlets, which is easy to access from the hallway across from Security Services.

Kathie Caldwell, manager for client services and operations at the LRC, said the heart of the library is its research help service.

"Students who are required to do a research component for any of their assignments and aren't sure where to begin or what to do, we're here to help them research efficiently and effectively," said Caldwell. "All of the library staff can assist at our information and research help desk at the library's entrance," she said.

A DAY AT THE LRC

The library is now equipped with thousands of different resources, including:

- 22 research skills tutorials
- 44 research guides
- 18 full-text periodical databases
- 481 information literacy workshops
- 29,000 print books
- 28,000 streaming videos
- 266,000 eBooks

There are several research resources at the college that are available to rely on print, over the phone or via an online chat room.

Another service that was a huge hit when the library renovation was complete was the new "tap to print" printing system. Second year business student Therese Perna enjoys the convenience of the new printing system.

"Using the 'tap to print' at the library allows me to quickly find, with no cards, and print important documents for my classes," he said. Students can now save print jobs on their USB drives, which they can then tap on the printer when they want them.

Caldwell has noticed an influx in students using the LRC since the major renovation, which was completed in October 2012.

"We have expanded the way the space is designed to allow for quiet study but also for collaborative studying. It is a great light and vibrant environment that students are drawn to for their studying and collaborative needs," she said.

The LRC is open Monday to Thursday from 7:30 a.m. to 6 p.m., Friday 7:00 a.m. to 5 p.m., Saturday 9 a.m. to 4 p.m., and Sunday, 12 to 4 p.m.



PHOTO BY JENNA PERE

Some Conestoga College students begin their school day by heading to the Deon campus's Library Resource Centre.



What you're looking at is a cake. A delicious chocolate cake. It's from the 2013-14 year. It's a cake.

Asaphia Canada



PHOTO BY JENNA PERE

Conestoga's Library Resource Centre, which was renovated last summer, offers more than just books. Come in and find old issues of magazines as well as current newspapers and DVD favorites.

HOROSCOPE Week of Aug. 23-29, 2020



Aries
March 21 - April 19



Libra
September 23 - October 23

The struggles that you are going through now are going to make you grow more and work will really pay off in the end. Don't give up. Your reward is on its way.

Your friends need your help. Be there for them by letting them open up to you. Listening is very important in a relationship and they will appreciate you for this.



Taurus
April 20 - May 20



Scorpio
October 24 - November 21

It is time to take care of yourself. Take some time to sit alone and do the things that independently make you happy.

It's time to make your dreams happen. Dream your life! Consistent, small actions will make your dreams your reality. Don't delay. The time is now.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

Your friends love you for your sense of humor. The world needs more laughter. Don't let the things that bring you down affect this.

Walk away from the things that don't make you happy. They are dragging you down. It is time to make the choice to experience a better life.



Cancer
June 22 - July 22



Capricorn
December 22 - January 19

Putting in one sometimes by hand, being being you and don't let the judgments of others bring down your unique personality.

You are inspiring those around you by standing up for what you believe in. Don't change just because some people disagree with where you stand.



Leo
July 23 - August 22



Aquarius
January 20 - February 18

You haven't made time to talk to family lately. Make some time and call the ones you love. They miss you.

It's OK to look to others for guidance. As long as you are not changing yourself to please, this can open the door to discovering new things.




Virgo
August 23 - September 22



Pisces
February 19 - March 20

It's time to be grateful for things in your life. Reflect and give thanks for all of the good that is going on.

Take some time to love life. Life is too short to live it seriously all of the time. Forget about the stressful things for a night, call up a friend and go have fun.



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Oh Giff!



Giff gets worked into Huffpuff!

Sudoku Puzzle

		6		2		5		
					8			3
5	3	9		6	7		2	1
			3				9	8
8			9		1			5
1	9			8	6	2		
	2	8	6			7	4	
9			8	7				
	6			4		5	2	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

Word Search

College														
A	D	M	T	R	E	O	O	B	L	T	O	O	Y	H
E	S	E	M	E	S	T	E	R	L	X	Q	U	S	H
E	L	F	N	I	J	K	L	O	W	M	O	R	E	S
Q	O	W	J	Z	M	E	B	T	G	V	Q	V	A	T
C	I	C	A	Z	C	T	N	A	R	G	I	U	W	I
O	R	M	C	H	C	A	F	E	T	E	R	L	A	W
M	C	S	L	B	O	T	E	S	T	A	O	I	E	Q
M	H	M	T	B	C	C	A	D	V	I	R	O	R	N
U	E	X	A	D	F	L	M	K	R	E	P	T	T	T
N	D	X	U	C	T	A	I	J	K	U	B	B	F	J
I	U	P	O	N	E	S	X	B	O	V	E	R	Y	O
T	L	Q	H	N	S	B	E	C	N	E	D	I	B	E
Y	R	G	N	I	S	U	O	H	C	O	L	L	E	O
D	C	I	O	C	S	C	H	O	L	A	B	S	E	I
W	T	N	B	A	S	K	E	T	B	A	L	L	W	U
N	X	W	Z	L	X	V	W	X	B	K	V	W	O	B

COLLEGE
BOOKS
RESIDENCES
CLASS
HOMWORK
CAPSULES
SCHEDULE
STUDENT
GRANT
LOAN
SCHOLARSHIP
SEMESTER
TEST
TECHNICAL
COMMUNITY
COURSE
FOUR
TEAM
BASKETBALL
SOCCER
ADMISSION
HOUSING
ADVISOR

Useless Facts

Crackling is legal in Paraguay as long as both parties are registered blood donors.

Only male crickets chirp.

Scientists have found shock-kill fish, a creature that feeds on dead fish.

Historically only Hawaiian men danced the hula. But in those days hula and grass skirts were not worn by women.

Wile Chamberlain was 7 feet one inch tall - his parents were only five feet, eight inches tall.

Positive attitudes help students

BY AARON BAKER

The first three weeks of college are typically an overwhelming time. There are days spent trying to find classrooms, learning where the fountain is, and how to use the library. There are also days spent trying to find a parking spot. There are instructional plans handed out that show you exactly how to do things, but you still feel lost and unsure. You are not alone. Most students feel this way. It is a normal part of the college experience.

At some point, in the semester, you typically attend a workshop. These workshops are designed to help you adjust to college life. They are often held in the first few weeks of the semester. They are designed to help you adjust to college life. They are often held in the first few weeks of the semester. They are designed to help you adjust to college life.

about how. The halls become a chaos of "I don't want to be here anymore" and "I'm dropping out. I need sleep."

“Let's move on, pretty fast. If you don't stop and look around you might miss it.”

— Ferna Butler

This is the time of the semester when your attitude can become a huge factor in how well you do. The stress and negative energy that begins forming can appear to be a down spiral. It is a normal part of the college experience. It is a normal part of the college experience. It is a normal part of the college experience.

It is important to push through that and continue focusing on the small things that make it seem worth it.

In order to remain positive, it is important to remember that everything that is tough now will make you a better person. It is a normal part of the college experience. It is a normal part of the college experience. It is a normal part of the college experience.

Students are often told to push through that and continue focusing on the small things that make it seem worth it. It is a normal part of the college experience. It is a normal part of the college experience. It is a normal part of the college experience.

“I am here to make sure I can take care of my job. There have been many days when I couldn't be bothered to show up to school. Remembering that I am here for my job and my family is what keeps me motivated. Every time I feel like I might do it, I think about my family. I am here to make sure I can take care of my job. There have been many days when I couldn't be bothered to show up to school. Remembering that I am here for my job and my family is what keeps me motivated.

At Ferna Butler's school, “Let's move on, pretty fast. If you don't stop and look around you might miss it.”

At some point, in the semester, you typically attend a workshop. These workshops are designed to help you adjust to college life. They are often held in the first few weeks of the semester. They are designed to help you adjust to college life.



Ferna Butler smiles.

Positivity is one of the best tools a student can have while in college. Anna Smith notes on her subject that it is important to stay positive and look around you might miss it.

Health Services has free Tylenol, condoms and even sunscreen

BY CHRISTOPHER ALLEN

Navigating through life as a new college student can be difficult. Here at Conestoga College, having health care should not be one of your difficulties.

The Health Services office provides health care and health education to all registered students and has three part-time doctors, a nurse and an administrator. Doctors are available Tuesdays to Fridays every week.

The first thing you need to know is that your health is important. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult.

“It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult.



Lindsay Wright, Health Services.

Conestoga College nurse Lindsay Wright says free condoms are available for students to pick up at Health Services in Room 1140C on the main campus.

with us,” said Wright. “Come in and tell us exactly what you need and why you need it. There is no reason to be embarrassed because Peggy and I have heard it all. We just want to help.”

According to Wright, most students think that when they get out of the health plan through CHS they can use the health services at the college but that is false.

“We work with CHS and Conestoga for insurance and health services,” said Wright.

As a new patient, you will have to fill out some paperwork and for every visit after that, you need to bring your health card or insurance. The office works on an appointment basis and because of this you need to schedule an appointment at least 24 hours ahead of time. There are occasional walk-in appointments but they fill up really fast so there is no guarantee.

There are an extra fee. However, there is a \$20 fee for the use of the CHS health plan. If you can't make your appointment, you have to cancel it at least 24 hours before. If you can't make your appointment, you have to cancel it at least 24 hours before. If you can't make your appointment, you have to cancel it at least 24 hours before.

Usually the best time to visit is on Tuesdays, Wednesdays, and Thursdays. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult.

During these periods, it is best to book an appointment more than 24 hours ahead of time to ensure that you get a doctor that works for you.

“We always have tampons and pads on-hand,” said Wright. “If anyone ever needs to use them, just come in and we will give them to you.”

Students can also pick up condoms, Tylenol and even sunscreen in the lounge.

In addition to strong student health care, the department also provides health education and health promotion. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult. It is a little difficult, but it is a little difficult.

Health Services is there to help students but you really need to be honest and ask for the help. For more information, go to Room 1140C on the main campus or call 519-748-5289 ext. 1079.

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STUDENT LIFE

New alert system at the college

It includes a scrolling message and flashing light

BY ARI VOFFER

One of the most important things in the living of safety: We like to feel protected, comfortable and secure. At Conestoga College, that responsibility falls in the shoulders of Security Services.

"Our No. 1 goal is ensuring a safe and healthy campus for all its members," said Kirby Brindley-McMurray, the director of safety and security at Conestoga College's Security Services.

The department provides many different services to students, faculty and staff such as the Walk Safe program, lost and found, video surveillance, first aid and crisis safety plans.

"All of the safety plans are independent and stay with the student or staff for their entire time at the campus or until much time after they tell us it's no longer required," she said.

The Walk Safe program provides escorts to staff, fac-

ulty students and visitors at the Dean campus between the hours of 8:45 and 10:45 p.m., Monday to Thursday. These escorts will walk with students across the on-campus property and even to the residences or nearby buses.

Security also provides immediate emergency response in the case of lockdown, fire alerts and weather emergencies.

Some of the security equipment at Conestoga includes cameras, alarms and panic buttons across the school.

When you hit a panic button, a siren goes on activated and a direct line is opened with Security Services.

One of the newer security systems currently being installed at the college are Security Attached to a new alert system. At the moment, one such device has been installed so far and it will flash and its emergency notifications and text will scroll across the screen so that you don't hear the speaker or they don't come across clearly.

"We also have the emergency messages scrolling across all the computer screens at the school, so if you're in a lab or a classroom you'll see it right away," said Brindley-McMurray.

These messages are loud and easy to see and everyone, not just lockdown, no fire and weather emergencies will also be displayed.

A college campus can be overwhelming to first-year students who may have never been a part of such a large community, but Security Services staff guides them when on their ability to provide a safe and secure learning environment.

"Even if you just have a simple question, don't hesitate to come and talk to us," said Brindley-McMurray. "We're here to help not only with safety issues, but with directions or anything else. We're here if you're at home or off-site, you can call home and we will provide you with help on what you need."



Photo by Ari Voffer

Kirby Brindley-McMurray, the director of Security Services at Conestoga College, wants to ensure a safe and healthy campus.

Counsellor's Corner

Welcome from Counselling Services



To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counselling Services have designed to help you be successful. Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counselling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals. Come and see us in Counselling Services if we can help in any way.

Counselling Services

www.conestoga.on.ca/counselling-services

RACQUETBALL AT THE REC CENTRE



Photo by Heidi Strohman

Conestoga students can play racquetball and squash at the Conestoga College recreation centre. Games are scheduled by appointment only and racquet rentals are \$2 per game.

Take care of your pearly whites

GET DENTAL SERVICES

A clean, happy mouth will give your whole body something to smile about.

It has been said that regular brushing and flossing help keep the dentist drill away.

When it comes to overall health, most people don't stop to consider the fact that our mouths are the gateway to our body and taking care of our teeth is important to maintaining our health.

University Students Inc. oversees a benefits plan that helps students maintain their health and get the care they

need. The plan is provided by Canadian Life and Health Insurance Association Inc. and costs each student \$285 a year. The plan provides a maximum of \$750 per year for dental work. The plan also includes vision, prescription drug and supplemental health coverage. Students at the college are automatically enrolled into the benefits plan when they start their first year. If they already have another benefits plan, they can opt out before the drop added deadline.

"Dental hygiene is as important and part of your over-

all personal health," said Dr. Ann Seena, a dentist at the St. Jacobs Dental Group. "Our society puts a high premium on them. Lack of adequate and hygiene has been linked to several systemic diseases such as heart disease."

Dental hygiene doesn't have to be a chore. All you have to do is brush and floss daily to help reduce dental problems.

"I have seen college students get into some gross eating habits which puts them at a higher risk for tooth decay and infection," said Dr. John Mollner, a certified chartered dental assistant at St. Jacobs Dental

Group, who has worked in the industry for 48 years. "I have also seen, as a result of the stress of a student's life and schedule, stress through caffeine which can definitely be brought on by poor oral hygiene and nervousness in combination with the student stress. This can cause a very sick student."

Taking care of your teeth is one of the easier steps to maintaining your health.

"We advise for keeping on top of good oral hygiene would be, first of all, brush your teeth at least twice a day – no matter how late for study, you

go to bed, how busy – do it while watching TV. And most importantly, go to the dentist regularly," Mollner said. "It is most important that these regular appointments that things are caught before they become an issue. And regular visits will cost far less in the end than making for a problem to treat."

For more information about University Students Inc. dental and health benefits plan, visit www.studentshelpinc.com/studentshelpinc.htm or a phone or drop in to UST's Health and Wellness Office at Box 178 on the west corner on the Deen campus.

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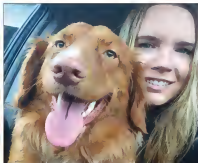


© Canadian Cancer Society 2010



Photo on left: Kibbe

Melanie Kibbe, right, started her own dog-walking business in Richman, then expanded that to include pet accessories. She is shown with her dog, Devlin, at New South's dog-filling refreshers.



Dog-walking business a howling success

By JIMMY HARRIS

After years of sitting at a desk in an office and taking orders from others, 35-year-old Vanessa Kibbe began to dream of leaving her full-time job. In fact, she began to dream of starting her own business, one where she could work for no one other than herself.

"I've always had a love for dogs," said Kibbe, a Waterville resident and owner of A Walk in the Park. "And I decided to open a dog-walking business that I could start on my lunch

breaks, evenings and weekends. This is what started growing."

The popularity of her services got Kibbe to think long-term. She realized she could make this her career and quit her full-time job and promptly quit her other job.

"I wanted to take control of my own life and plan my own future," Kibbe said. "I wouldn't have walking dogs all day so I added the pet accessories as well so my days would always be different and I could be creative."

Since A Walk in the Park

was created, Kibbe has expanded the company significantly. Her business consists of selling handmade leashes and collars in bright bold designs as Kibbe as well as providing various services to dog owners, including individual and pack dog walks, dog sitting and pet house visits.

With each client, Kibbe first meets the owner and dog face to face to assess their needs and get to know them. Upon request, she makes photo updates and sends to the owner during her time with

their pet. She also provides the client with a detailed report card after each walk, informing the owner about how their dog behaved.

Of course, Kibbe's got a dog of her own — Devlin, a 5-year-old Boston-dack sibling retriever.

"I don't know how to talk about Devlin without screaming like a crazy dog lady," Kibbe said. "He helped inspire me to realize my professional life around dogs. People will do anything for their pet. They want their dogs to have the best."

According to PetMD, an online global network of veterinary professionals, regular dog walking can also help alleviate associated health problems, destructive behavior and improve the overall mental well-being of any kind of animal.

"Starting this business has been the best decision I've ever made," Kibbe said. "It's usually stressful situations with every night up until 4 a.m. in my head. I can see myself having a great time tomorrow in the future, but I wouldn't change a thing."

Bras are expensive, so treat them with care

By JIMMY HARRIS

Bras are expensive. It can cost you upwards of \$10 for a high quality bra or even more for specialty bras. For something women wear everyday it's hard to spend that kind of money especially when they don't last that long. They get damaged in the washer and dryer or just get worn out. There are lots of distractions on how to care for your bras but how do you know which one will work.

Jessie Welch is the director of Just For You Fine Lingerie in Waterville. This store specializes in plus-sized bras as well as the very newest to make these last longer.

"We always tell people that after two years they should be washing their bras," said Welch. "Although this really prolongs the life of the bra

it means all the dirt from the dryer so at one week back possibly. We tell Forever Fine which is a very small lingerie wash and it is also a natural product. You just soak the bra for 15 minutes, you don't run it. No washing machine so much day."

The first mistake people make when it comes to buying their bras is not to buy bras that don't fit. According to the Victoria's Secret website, you should let your bra have a rest after a couple of days to let the elastic stretch out into shape.

"There are two products in our inventory we would not recommend a bra bag or putting it in a washer," Welch said. "Although we sell more expensive bras you have to think of the fact that a lot more work goes into it, the material is more porous and it's going to

last longer."

Even on a limited budget, especially if you take a longer day out, you might find it hard to afford specialty bras.

"It's hard to save for bras when you have larger breasts," said Ashley Vincent, a graduate of the journalism — print program. "I don't have as many bras as my friends do because mine are so much more expensive, so I can't wash them as frequently. They are also under so much more stress so the bra tend to wear out faster. When we buy bras close to \$100 I can have 10 or more."

Just For You Fine Lingerie does measurements and only suggests that its made to close bras. They are located in the Waterville Town Square on 15 King St. For more information visit their website at www.justforyoufinelingerie.com.



Photo on right: Welch

Jessie Welch is the president and director of Just For You Fine Lingerie in Waterville. They are located at 15 King St.